

## What is a balanced Diet?

**WALT:** Understand what makes a balanced diet

**Keywords:** Balanced Diet, Nutrients, Healthy

To access work, please follow link below:

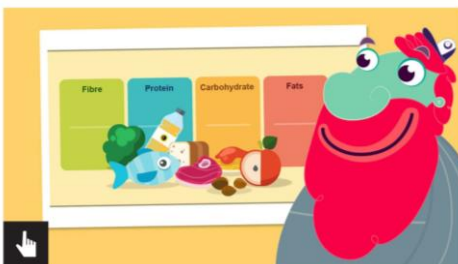
<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>

**Activity 1:** Watch short cartoon on a balanced diet.



**Activity 2:** Copy out all text below the clip, involving information on Carbohydrates, Proteins, Fats and Fibre.

**Activity 3:** Complete sorting task.



**Activity 4:** Complete short quiz at the end.

